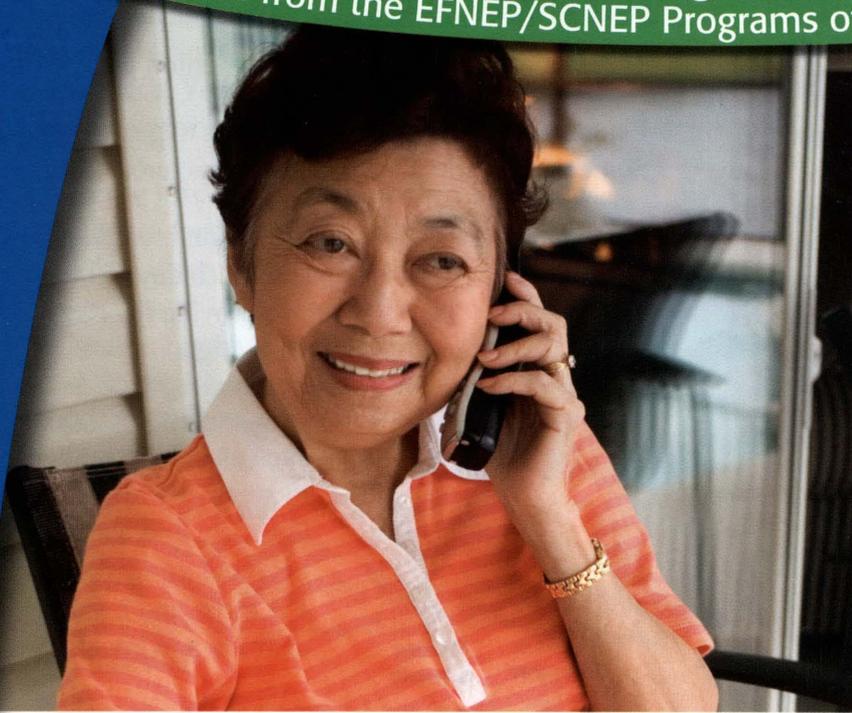


LD
5655
Arl 2
No. 348-
578
c. 2

Smart Choices for SENIORS

August
A Newsletter from the EFNEP/SCNEP Programs of Virginia Cooperative Extension



Welcome to the August Issue of **Smart Choices for Seniors**. August is the time when lots of vegetables are coming into season. You can buy many kinds of healthy vegetables at a lower cost than at other times. This issue tells about the many good things in vegetables.

Nutrition and Health Tips for Today

Mom was wise when she said, "Eat your vegetables." Vegetables are naturally low in fat and calories, and they are packed with nutrients.

- Vegetables have fiber and antioxidants that help fight disease. Eat more vegetables and fewer fatty foods to help prevent gaining weight, heart disease, stroke, and many types of cancer.
- Adults should eat about 2-1/2 cups of vegetables each day. Choose a dark green or deep orange vegetable each day.



Virginia Cooperative Extension

Knowledge for the Commonwealth



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY



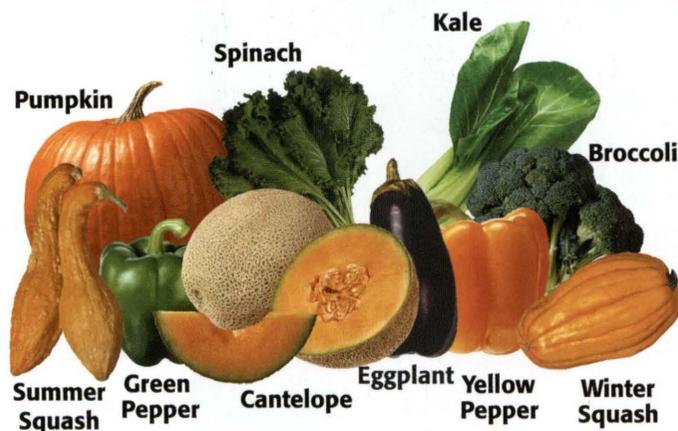
MyPyramid.gov
STEPS TO A HEALTHIER YOU

Staying Healthy for a Lifetime

Preventing Colon Cancer. The colon makes up a major portion of the large intestine, which is part of the digestive system. It is also called the bowel. The digestive system breaks down food into parts that can be absorbed. The colon's job is to store and eliminate waste from the body.

Here are some factors that increase your risk for colon cancer:

- family history of colon cancer
- presence of colon polyps (little pockets that form in the lining of the large intestine that can collect waste and become infected)
- being age 50 or older
- long-term eating pattern that is high in fat and low in vegetables and fruits
- limited physical activity over many years
- smoking and/or heavy alcohol intake.



Talk to your doctor if you have a change in your bowel habits (severe constipation or diarrhea) or major changes in the size of your bowel movements.

Reduce your risk of colon cancer by adopting these healthy habits:

1. Have a colonoscopy to check for colon polyps.
2. Eat lots of fresh fruits and vegetables to get more fiber. Some particularly good choices are pictured below.
3. Eat at least 3 servings of whole-grain breads and cereals each day. Whole grains provide fiber and phytonutrients.
4. Choose low-fat foods, such as baked, broiled, or steamed chicken, turkey, fish, and lean cuts of beef and pork; skim or 1% milk; and a variety of fruits and vegetables.

Staying Fit and Having Fun

Want to be more active? Good for you! It is easier to succeed if you make your fitness routine right for you. Ask your doctor for advice on activities that are best for you.

The first step is to **choose an activity that is right for you**. What do you enjoy most: walking, swimming, biking, dancing, skating, group exercise? Also, choose an activity that is convenient for you to do on a regular basis.

Next, set a **reasonable** goal and don't overdo it in the beginning. Your first session should leave you feeling energized, not worn out! Here are some steps to help you design a fitness program that is right for you.

1. Be specific – decide on these things ahead of time:

- **What** activity you will do,
- **Where** you will do this activity,
- **When** you will do this activity, and
- **How** often you will do this activity.

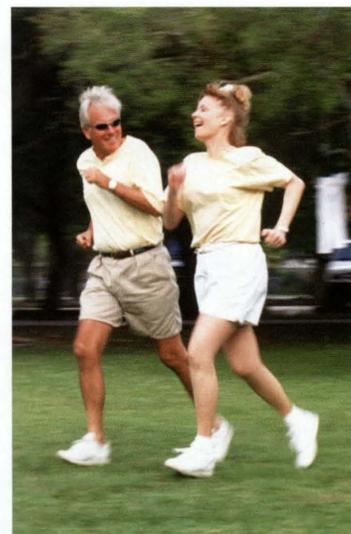
2. Be realistic about your fitness routine

- Don't do too much too soon!
- Plan to start out gradually at a pace that is comfortable for you.
- Gradually increase the amount you do.

3. Set short-term goals

- Consider starting with weekly goals. For example, each week, add 5 minutes to your fitness program.
- Avoid the "all or nothing" way of thinking – if you miss a day, make it up. Don't just give up!

4. Now, just do it!



Keeping Food Safe

With warm weather, flies, roaches, and other pests will want to make your house their home. These insects can get into food and deposit waste and bacteria, causing food to become unsafe. They may leave waste and bacteria on kitchen surfaces, which can get into food during preparation. The best way to prevent this is to stop bugs from coming into your home in the first place. You can “debug” your home with the following steps:

1. Keep the kitchen clean and clutter free.

- Put away food soon after meals.
- Wash and store dishes and utensils, as soon as possible.
- Discard crumbs and wipe spills from all surfaces.
- Put garbage into a tightly covered garbage can or closed plastic bag.
- Eliminate clutter where bugs can hide.

2. Prevent bugs from getting into your home.

- Check food packaging, boxes, and grocery bags for bugs when unpacking groceries.
- Do not purchase packaged foods that are damaged or unsealed.

- Keep pets clean and free of fleas and ticks. Clean up their messes.
- Place screens or grates over drains and vents.
- Keep flies out by putting screens on doors and windows.
- Seal cracks in walls, floors, and windows.
- If using pesticides to kill bugs, closely follow package directions.

3. Store foods properly.

- Cover and place all perishable leftovers and cooked foods in the refrigerator.
- Store staples and non-perishable foods in air-tight containers, such as jars with tight-fitting lids and plastic bags.
- Use packaged, dry grain foods within 4 months. Check the “use-by” date and use the food before that date.
- Keep pets out of the kitchen and keep their feeding dishes clean. Store pet food in a sealed container.

4. Eliminate water sources.

- Repair leaky pipes and drippy faucets.
- Wrap sweaty pipes to keep them dry.

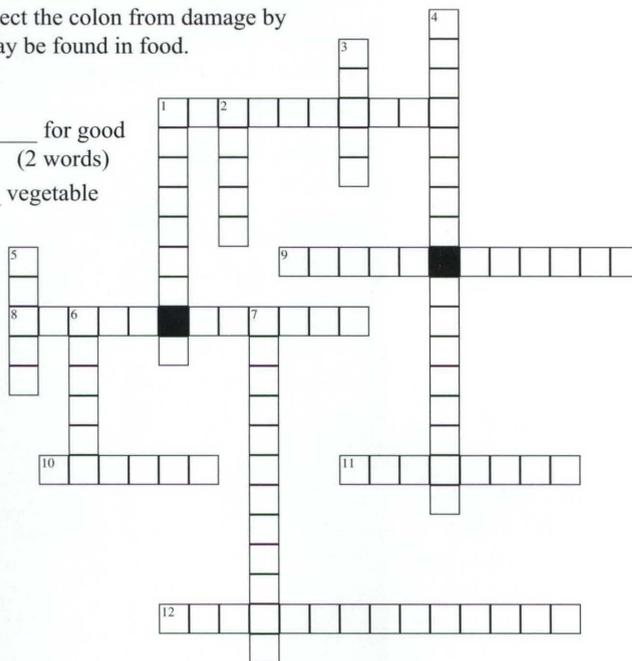
August Crossword Puzzle

Across

- 1 Lots of _____ come into season in August.
- 8 You should eat at least 3 servings of _____ a day.
- 9 Adopt healthy habits to reduce your risk of this disease. (2 words)
- 10 _____ your intake of saturated fats to reduce your risk of colon cancer.
- 11 Waste and _____ from insects cause food to become unsafe.
- 12 Fiber and _____ help protect the colon from damage by harmful chemicals that may be found in food.

Down

- 1 Your body needs _____ for good eyesight and healthy skin. (2 words)
- 2 Choose to eat a dark _____ vegetable each day.
- 3 _____ helps to keep bowel movements regular.
- 4 Regular _____ will help you stay healthy and fit. (2 words)
- 6 Choose to eat a deep _____ vegetable each day.
- 5 Eat _____ high-fat foods to reduce your risk of colon cancer.
- 7 Vegetables are high in _____ that help to fight many diseases and conditions.



Cooking Corner

Squash Casserole

Ingredients:

- 2 to 3 cups cooked yellow squash (can use zucchini squash)
- 1 medium onion, chopped
- 2 eggs, beaten (use only the white if desired)
- 1/4 cup milk
- 1 tablespoon sugar
- 1 teaspoon salt
- 2 tablespoon light margarine (melted)
- 1/2 cup bread crumbs

Directions:

1. Heat oven to 375°.
2. Mix squash, onion, egg, milk, sugar, and salt.
3. Put in greased baking dish.
4. Mix margarine and bread crumbs and spread on top.
5. Bake 45 minutes at 375°.

OFFICIAL BUSINESS

Answer Key:

Across:

1. vegetables
8. whole grains
9. colon cancer
10. reduce
11. bacteria
12. phytonutrients

Down:

1. vitamin A
2. green
3. fiber
4. physical activity
5. fewer
6. orange
7. antioxidants

**For more information on food, nutrition,
and achieving a healthy weight, contact:**

Or call this toll-free number: 1-888-814-7627

If you have access to the Internet, go to these sites:

Healthy Futures Series:

<http://www.ext.vt.edu/healthyfutures>

MyPyramid Food Guide:

<http://www.mypyramid.gov/pyramid/index.html>

Food Stamps in Virginia:

<http://www.dss.virginia.gov/benefit/foodstamp.html>

www.ext.vt.edu

2007

Publication 348-578

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Tech
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Mark A. McCann, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Alma C. Hobbs, Administrator, 1890 Extension Program, Virginia State, Petersburg.
VT/638/0607/5M/272617/348578

**Writer of this Newsletter
Series:**

Stephanie Swinerton, RD,
EFNEP/SCNEP Graduate
Assistant

Reviewer:

Eleanor D. Schlenker, RD,
Professor, Project Leader
& Specialist, HNFE

**State EFNEP/SCNEP
Leaders at
Virginia Tech:**

Mary McFerren, Project
Director

Melanie Wenrich, EFNEP/
SCNEP Educational
Designer

**This newsletter was funded by
USDA's Food Stamp Program.**

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, religious creed, age, disability, political beliefs, or retaliation.

If you require this information in alternative format (Braille, large print, audiotape, etc.), contact the USDA's TARGET Center at (202) 720-2600 (Voice or TDD).

If you require information about this program, activity or facility in a language other than English, contact the USDA agency responsible for the program or activity, or any USDA office.

To file a complaint alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.